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Treat Your Own Back Many people suffer from acute or chronic back pain and have tried holistic adjustment approaches through chiropractic care, physical therapy, and osteopaths. Yet relief still eludes those suffering with pain, even for some who have had invasive surgery.

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Helping thousands of back-pain sufferers worldwide, Treat Your Own Back offers do-it-yourself relief of lower back pain through postural changes, ergonomics and simple exercises. It offers a clear understanding of the causes and treatments of persistent back pain. The completely revised and formatted 9th edition of the landmark patient book contains easy-to-read, updated content, new photos and numerous pages of education and clinically proven exercises utilizing the renowned McKenzie Method®.

Treat Your Own Back 9th Ed. | Robin McKenzie | OTP

Product Description Help yourself to a pain-free back. This easy-to-follow book presents over 100 pages of education and clinically-proven exercises. The simple and effective self-help exercises in Robin McKenzie's Treat Your Own Back have helped thousands worldwide

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Treat Your Own Back This patient handbook provides an easy to follow self-treatment plan to quickly and effectively diagnose, treat, alleviate and manage debilitating back and related pains, even for the long-term sufferer.

Treat Your Own Back | Self-treatment Book | Lower-back Pain

Treat Your Own Back Paperback – Jan. 1 2011 by Robin McKenzie (Author), McKenzie Institute International (Contributor) 4.5 out of 5 stars 1,560 ratings #1 Best Seller in Back Pain and Aging. See all formats and editions Hide other formats and editions. Amazon Price New from Used from Paperback

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The programme of care described in

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Press-ups are one of the main exercises to treat back pain: Begin by laying flat on your stomach with your elbows bent and your hands flat on the ground under your shoulders. Keep your back and hips relaxed, and then use your arms to press your upper back and shoulders up (similar to the upward dog yoga pose).

McKenzie Exercises for Your Lower Back - Verywell Health

The treatment could pretty much be summarized as "lie on your tummy and do push ups". If it helps, keep doing

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them. Generally very simple and readable, and worth a try if you've got a bad back. I know physios have been recommending this book for years, so it must be OK.

Treat Your Own Back eBook: McKenzie, Robin: Amazon.com.au ...

For over 50 years, The McKenzie Method® has put the power in the patient's hands, utilizing education and self-treatment strategies to provide long-lasting relief from pain. The late Robin McKenzie was a renowned spinal expert and an authority on the treatment of lower back and neck pain.

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Treat your own back If you have low back pain or sciatica, you may benefit from the skilled services of a physical therapist to help you manage your pain and improve your overall mobility. Your PT will likely prescribe postural correction and exercises to do as part of a home exercise program.

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Now learn to Treat Your Own Back from this DVD. Robin McKenzie is a world renowned Back Pain GURU. The McKenzie Method gives you Effective, Affordable, Self-treatment for LIFE. Find a distributor...

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From my research and experience, it's best to do 3 or 4 sets of press-ups every day if you experience back pain or are trying to heal a back injury - unless your injury was caused by that exact same

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motion, then you need to pursue techniques that bend the spine the other way.

Amazon.com: Customer reviews: Treat Your Own Back

Written by the great physiotherapist Robin McKenzie, Treat Your Own Back has helped thousands with do it yourself relief through postural modification, ergonomics and easy to do exercises. It illustrates a clear understanding of both the cause and treatment of back pain.

Treat Your Own Back: Self Treatment Guide To Back Pain

Help yourself to a pain-free back. This easy-to-follow book presents over 80 pages of education and clinically-proven exercises. The simple and effective self-help exercises in Robin McKenzie's Treat Your Own Back have helped thousands worldwide find relief from common low back and neck pain.

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